

Sesame Chicken
Updated January 4, 2024
From Karen McIver

Ingredients

4 boneless, skinless chicken breasts*
¼ cup or more of flour
2 eggs
2 tablespoon soy sauce
2 tablespoons water
1-2 cups plain breadcrumbs
1 teaspoon paprika
½ teaspoon garlic powder
2 tablespoons vegetable

Topping

1-18 oz. jar of apricot preserves
2 tablespoons soy sauce
¼ cup water (or more)
¼ teaspoon minced, fresh garlic (optional)
Sesame seeds* for garnish

Preparation

Make flour dredged seasoned with salt and pepper. Mix 2 eggs with soy sauce and water. Mix the breadcrumbs with paprika and garlic powder. Dredge the boneless chicken in flour. Next, dip chicken in egg mixture, followed by breadcrumb mixture

Heat oil in a large skillet. Brown chicken on both sides and remove to shallow baking dish. Mix the topping ingredients in a bowl and pour over chicken. Sprinkle sesame seeds on top. Bake 30 minutes at 325°.

*I wasn't given specific amounts on the chicken prep, but I think my ingredients should work for 4 breasts. Feel free to adjust ingredients up or down to your taste.

**When this recipe was first posted, the sesame seeds were not listed as an ingredient yet it was shown on the final product.